



January

LifeWorks
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January LifeWorks Events...Happy New Year!!

Brew Master Class-Wednesday January 9, 2013-Delaney Field Clubhouse-7 pm...-Plan to attend this informative class and learn the basics of home brewing and all things beer. Email: hwiddowson@bbcgrp.com to register...

Tea & Sympathy-Mark your Calendars for Thursday January 10th from 1:30-3:30 and come to this fascinating class and learn all about the properties of tea, health benefits and partake in a cream tea. Please register for this will fill...

Winter Wellness Workshops-Dates/Topics:

Tuesday January 22-1:30-2:30-Stress Management

Tuesday January 29-1:30-2:30-Importance of Exercise

Tuesday February 5-1:30-3:30-Homemade Cleaning Products

Tuesday February 12-1:30-2:30 -Nutrition for Adults and Children.

Please register for each workshop...Inclement weather dates will be announced per event...

Community Huddle-Thursday January 24 from 4:00-5:00 pm.-Delaney Field Clubhouse-A "potpourri" of information for the new year, everything to winter safety, maintenance and the upcoming move-out season. Q&A session as well...No registration necessary...

Kids Cooking 2013-Breakfast of Champions...-Tuesday January 29 from 3:45-4:45 p.m. with class starting promptly at 4 pm. Kids will learn about the importance of healthy breakfast and make quick and easy recipes themselves...Register please by emailing hwiddowson@bbcgrp.com or calling 717-243-7177. Inclement Weather will be announced per event...via email, facebook and website...

Super Bowl Recipe Contest-So Easy to enter...-Simply create dish and bring to Delaney on February 1 by noon to enter this contest—3 winners!! See flier for details...